



Data Points

CWHS

RESULTS FROM THE CALIFORNIA WOMEN'S HEALTH SURVEY

Most Americans believe that good mental health is just as important as good physical health. Good mental health means having the mental energy to function well at home, work, and play.¹ However, women often place their own physical and mental health as a lower priority than that of others and tend to take care of others in their household first. When non-White women do use mental health services, they are less likely to terminate services if their provider shares their language and culture.²

The 2000 California Women's Health Survey (CWHS) provided an opportunity to examine women's attitudes toward seeking mental health care and their knowledge about where to go for help. The survey asked women, *"Sometimes a person feels problems are piling up so high that she cannot overcome them. When a person feels this way, do you think it is a good idea to seek help from a mental health professional, such as a social worker, psychiatrist, psychologist or counselor?"* A second question asked

women if they knew where to obtain help. Personal characteristics, such as age and race/ethnicity were also included in the survey.

- While over 90% of women in all race/ethnic and age groups thought it was a good idea to seek mental health care, knowledge about where to obtain care varied by race/ethnicity and age.
- Compared to women of other race/ethnicities, Hispanic women were least likely (61%) to report they knew where to obtain mental health care services.
- Younger women ages 18-24 compared to women ages 25 years and older were least likely to know where to obtain mental health care services if they wanted care (72%).

WOMEN'S ATTITUDES ABOUT AND KNOWLEDGE OF MENTAL HEALTH CARE BY RACE/ETHNICITY AND AGE, CALIFORNIA, 2000

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Public Health Message:

The majority of women think it is a good idea to seek mental health care when feeling overwhelmed. However, young Hispanic women are least likely to know where to seek out or obtain mental health care. Further study is needed to explore reasons why. Culturally and linguistically appropriate outreach and services may be needed to ensure access to mental health care.

Women Who Reported It Was a Good Idea to Seek Mental Health Care and Who Knew Where to Obtain It by Race/Ethnicity California, 2000

